

U. S. DEPARTMENT OF LABOR

WOMEN'S BUREAU

Washington

Supplement to Special Bul. 2

The selection of a woman for a job requiring constant lifting, carrying, pushing, or pulling should depend not only on her weight and height but on the amount of strength she has. An apparently sturdy woman may find such work on heavy materials far beyond her capacity, whereas a slight woman may have the strength to do it without injury to herself if she does it properly. The plant physician should decide on a woman's physical ability in each heavy job.

The distances that loads are to be carried also should be considered in determining their size; and not only how far they are to be carried, but how constantly, and whether up or down stairs, through crowded aisles, or over uneven floors or ground.

As with lifting and carrying, the safe load to be pushed in a wheelbarrow or a cart will vary with the conditions of work. For short periods at a stretch, over a smooth floor and on the level, a woman can push more than she can if the work is constant over a period of hours, if the ground is rough, or if she pushes up and down ramps or other elevations. It is important also that whoever loads the wheelbarrow or cart should pile the material carefully, so as to balance the load, to relieve the woman of the weight as much as possible, and to avert the danger of spills.